SECRETS TO SAX-ESS

SLAVE-TURNED-WARRIOR SAXA RETURNS TO BATTLE IN SPARTACUS: WAR OF THE DAMNED PAGE 14

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LEAFS GO DOWN FIGHTING

PAGE 23

Leafs forward Colton Orr fights with Buffalo Sabres forward John Scott in Toronto on Monday. The Leafs lost 2-1, with Sabres goaltender Ryan Miller stopping 34 shots. NATHAN DENETTE/THE CANADIAN PRESS

Sway together, stay together

U.S. President Barack Obama takes the oath of office for a second term, asking a divided America to come together on the nation's cherished principles of justice and equality PAGES 8-9

Stroller patrol? TTC not so sure

TTC board asks transit staff to look at whether the system needs guidelines governing strollers on buses. But chair Karen Stintz says she didn't know there was a problem PAGE 3

Men who mess around

Filmmaker Marc de Guerre shares his theory on the biology and psychology of male cheaters PAGE 20

Dress code: Optional

Student sexcapade. Scattered baskets of condoms and lube set sex-club party apart from those that most students are used to

Hundreds of students lined up Monday night for a peek at the city's sex club scene, where their peers were munching on pizza and watching porn.

Inside the Oasis Aqua Lounge, a downtown club that bills itself as a water-themed adult playground, the atmosphere was close to a house party, with little nudity, at least early in the evening. Students, some dressed casually in hoodies, ordered food, played Twister and watched adult flicks while lounging on couches and beds.

Spots at the event, which was organized by the University of Toronto Sexual Education Centre (SEC) to kick off its sexual-awareness week, were coveted. By 7 p.m. — the hour when nudity became allowed in most of the venue — the event was at capacity with 189 people inside, said Dylan Tower, the external education and outreach co-ordinator of SEC, which is an affiliated levy group of the U of T student union.

More than an hour later, at least 100 people lined up down Mutual Street, trying to get in.

Owner Jana Matthews said Oasis has never had a comparable showing. Last year's SEC event drew closer to 80 people, but even that turnout prompted Matthews to offer a weekly student night.

"I think it's a statement the youth are making," she said. "It's OK to have sex ... If people weren't interested, they wouldn't be here."

Daniel, a 24-year-old student at U of T's Ontario Institute for Studies in Education, was drawn to the event out of curiosity. He showed up at about 2:30 p.m.

Six hours later, he was still there with a group of peers from his program, ordering pizza and unsure how soon he'd leave to finish homework.

Some couples made out discreetly in one room. On the top floor, a private room was locked, and some moaning could be heard throughout the evening. TORSTAR NEWS SERVICE

The O word

Even though event T-shirts said "orgy" on them, organizers said it was used in fun and wasn't an accurate term for the event.

- **Very little sex.** "It's clear that it's not an orgy. There's very little, if any, sex going on at the moment," said Dylan Tower, SEC external education and outreach co-ordinator.
- **On the plus side.** "The best way I can put it, it's a very sex-positive club night."

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Sellers market, again

Condo market shows strange signs of life

Some Toronto realtors are seeing an unexpected surge in condo buyers scouring the market after Christmas and the return of a phenomenon not seen in months — bidding wars.

"I was shocked," says ReMax realtor Peter Krpan who advised one couple, first-time buyers, that the softening condo market meant they could take their time and bid low on almost any downtown unit they wanted.

Instead, the couple found themselves outbid this month on their first choice, an 800-square foot condo listed for $324,000 on Queens Quay.

Their "backup" — an older, 660-square-foot condo on Victoria Street that had been on the market for 71 days — suddenly had three bidders. TORSTAR NEWS SERVICE

Careless driving

Man acquitted in fatal crash caused by cough

A man whose coughing fit led to him hitting and killing a woman at the side of a road has been acquitted of careless driving because a judge ruled he didn't mean to close his eyes.

Ottavio Ariganello was seized by a violent, choking-like cough as he was driving in a semi-rural area of Halton Hills, on Feb. 21, 2008, he testified at his trial. He said his eyes closed because of the coughing and he became dizzy.

His car veered off the road and hit Carolyn McTavish, 50, who was on the shoulder of Winston Churchill Blvd., collecting her mail. She was pronounced dead at the scene. THE CANADIAN PRESS

Safe Haven stars thrill New Music studio audience

Good looks were definitely not lacking in the New.Music.Live. studio at MuchMusic headquarters on Monday. Hotties Josh Duhamel and Julianne Hough popped by to chat with VJ Lauren Toyota about the release of their new movie Safe Haven. The romantic thriller about a young woman with a mysterious past hits theatres on Valentine's Day.
MUCHMUSIC

TTC mulls limits on strollers in buses

And baby drives some buggy. TTC will look at whether policy needed

Should there be a limit on the number of baby buggies allowed to board the bus?

The TTC board has asked transit staff to look at whether the system needs some guidelines governing strollers.

The request came after rider Elsa La Rosa told the Toronto Transit Commission that too many strollers block the aisles and displace other riders on transit.

She suggested that only two strollers should be allowed to board the bus during rush hours and no more than three at other times.

Bus drivers say they can be a problem, said TTC CEO Andy Byford.

"Speaking with my bus operators, they do have problems, particularly if you get a collection of very large strollers onto the bus — it does cause quite an obstruction," he said, adding that in his hometown of London, England, there's a two-stroller limit on buses.

But even that can be an issue if a bus is relatively empty and the driver has to tell a third person pushing a stroller they can't board, said Byford.

Most TTC riders Torstar News Service spoke with weren't sure a stroller limit would work.

"I don't think that would be a good idea to remove strollers during rush hour. I had twins. How would you take twins where you need to go on transit if you don't have a stroller?" Mia Bach said while waiting for a train at Museum Station on Monday afternoon.

Terry Silva, 49, agreed.

"Parents should have the option of using the TTC at all times," he said.

Rosemary Donald, a 55-year-old retiree who was waiting for a train at St. George Station, suggested parents could try to plan their travel around rush hours. She also thinks limiting the number of strollers on transit at peak times would make sense. "The strollers take up so much space," she said.

Earlier this month, a Toronto woman complained that a bus driver made rude remarks to her after complaining about her baby stroller. TORSTAR NEWS SERVICE

Charging extra not an option, TTC chair says

- TTC chair Karen Stintz said she never had an issue taking her children on the TTC in a stroller and wasn't aware of a problem. She also said that the idea of charging extra to bring a stroller aboard is a non-starter.
- "We don't charge people for bicycles, we don't charge people for having a walker or electric scooter and I don't expect we would ever charge anybody for having a stroller," she said.
- The new, more open subway cars, streetcars and articulated buses should help mitigate the congestion caused by multiple strollers on-board, said Stintz.

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TTC under fire for untendered contract

Gateway newsstands. TTC defends deal, saying switch to another retailer could have cost millions

The tender trap

"There are benefits we do receive as a commission because of the way this deal has been negotiated. There are certainly other benefits you get if you (tendered) it, but the financial benefits may or may not be there." TTC chair Karen Stintz

The TTC and chair Karen Stintz came under attack on Monday for disregarding TTC staff advice and approving a $48-million, 15-year sole-source contract to the company that runs 65 Gateway newsstands.

Tobmar Investments International, which also has lottery booths, bakeries and cafés in the TTC system, made an unsolicited proposal last year to renew its leases, which come due between May 2014 and May 2022. Under the contract, Tobmar would continue to run the concessions in the TTC for 10 years, with an option to extend it for five more.

The Canadian company agreed to a 67 per cent increase in rent and a $1.5 million signing bonus. It will also spend $1 million renovating some stores.

TTC staff say transitioning to another retailer could have cost between $1.5 million and $2 million "due to downtime."

Stintz said the unsolicited proposal will probably mean more money for the transit system. In the past, when the city has discarded unsolicited proposals in favour of tendered awards, "the financials usually don't add up," she said.

But Coun. Doug Ford went on the attack, saying the sole-sourcing might be understandable if there was only one supplier. "But come on, newsstands?" he said.

"In the private sector you're lucky to get a three-year deal. To get a 10-year sole-source deal and add another five years, against staff's recommendations, against two members (of the commission's recommendations), I want to know what's going on. Why's she pushing for this deal?" Ford said.

TORSTAR NEWS SERVICE

Joining hands to win the cancer war

A $50-million donation to Toronto's Princess Margaret Cancer Centre from breast-cancer survivor Emmanuelle Gattuso and her husband, Allan Slaight, will be used to attract the world's best scientists in personalized cancer medicine, the hospital said on Monday. On hand for the announcement were Paul Alofs, from left, Dr. Robert Bell, Gattuso, Geoffrey Ogram, Dr. Benjamin Neel and Dr. Mary Gospodarowicz. The donation is the largest private gift for cancer research in Canadian history. CONTRIBUTED

Etobicoke. Suspect was out on bail for assaulting murdered woman

The identity of a 27-year-old woman whose body was found on an Etobicoke street has yet to be confirmed because she was burned so badly she was "virtually unrecognizable," police said on Monday.

The woman's body was found on Saturday on Richgrove Drive, near Martin Grove Road and Eglinton Avenue West, police said.

"Her death was extremely violent. It included both the victim being stabbed and being set on fire using a flammable substance," Det. Brian Borg said.

At a Monday news conference, Borg showed several photos of evidence he hoped the public might recognize, including a red gasoline can, an empty box advertising a large knife on the front and a gas-can label.

Emmanuel Owusu-Ansah, 30, was arrested at a Mississauga gas station on Saturday and charged with first-degree murder. About a month before the woman's death, Owusu-Ansah was charged with assaulting her with a weapon and threatening to kill her, police said. He was released on bail on Dec. 5 with numerous conditions including house arrest. He will appear in court on Tuesday.

TORSTAR NEWS SERVICE

Nasal congestion

Canadians say snot a big deal, survey finds

Torontonians are among the most congested Canadians, an Angus Reid study has found.

The study, conducted late last month, asked more than 3,000 Canadians in major cities about nasal congestion, not traffic. In Toronto and Calgary, 78 per cent of residents reported having a problem with nasal congestion, followed by 73 per cent in Ottawa and 68 per cent in Montreal.

Nationwide, 59 per cent of Canadians said nighttime nasal congestion impairs their sleep, and 15 per cent of Canadians have missed work because of it. METRO

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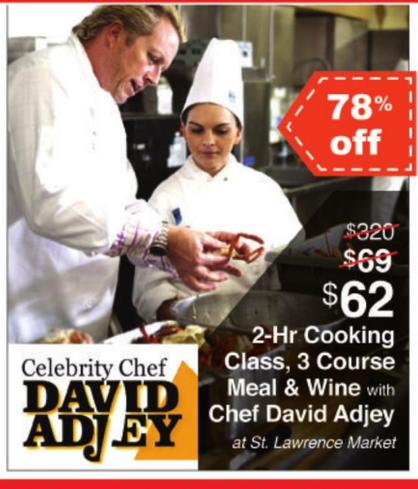

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Anti-strike law repealed

Bill 115. But school boards say it will still cost them millions in cutbacks and changes to sick day policies

The Ontario government will repeal its controversial Bill 115 on Wednesday — a move that is largely symbolic given the contracts it forced on teachers are still in place, and the conditions and costs school boards say the legislation imposes on them remain.

"It's not going to change anything — it still doesn't resolve any fundamental issues or concerns that both school boards and certain bargaining units would have," said Michael Barrett, president of the Ontario Public School Boards' Association and a trustee with the Durham District School Board.

A statement released by the Liberals Monday afternoon said that by "moving to repeal the act, the government is promoting goodwill and stability in Ontario schools by addressing a key concern" of both the elementary and secondary teacher unions.

The unions have said they will wait to see how the new Liberal leader will respond to the ongoing tensions before deciding their next steps. The Elementary Teachers' Federation of Ontario has said it will review the decision urging its members not to run after-school sports and clubs before March 1.

The Peel District School Board estimates it faces $7 million in cutbacks to teacher professional development and secondary teachers. Chair Janet McDougald said the board is also anticipating additional costs now that the government no longer allows teachers to bank sick days.

TORSTAR NEWS SERVICE

Bonus points for creativity?

Toronto Maple Leafs fans Ryan Nesbitt and Tiffany Kayar look at the T-shirt that Ryan made to sway ticket reps from the Maple Leafs at a giveaway event at Nathan Phillips Square on Monday.

RENE JOHNSTON/TORSTAR NEWS SERVICE

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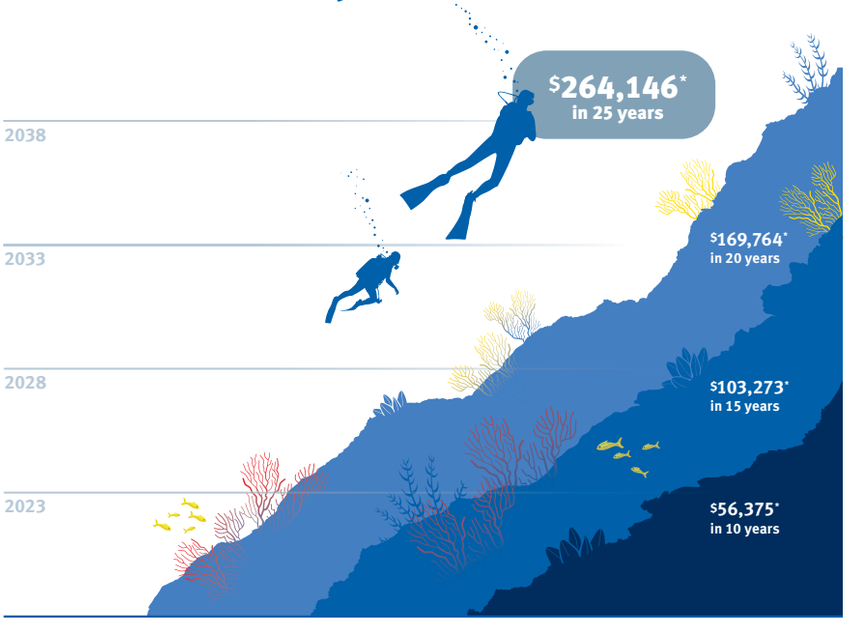

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Bing2.0! Game's e-version may come to a hall near you

Toronto should help charity bingo operators turn around their declining business by letting them introduce electronic bingo in a bid to lure more and younger players, a city council committee says.

Since 1997, the number of bingo halls in Toronto has dropped to six from 27, and some of the six aren't doing that well, council's government management committee was told Monday.

Toronto charities supported by bingo have seen their annual take drop to $7.9 million from $24 million in 2012, said Cam Johnstone, president of Delta Bingo, with two halls in Toronto.

"There is a solution to this problem and that solution is electronic bingo," Johnstone said. "All e-bingo needs is your support. We don't need any funding from you … we just need your approval."

Revenues rose in centres that participated in an OLG-backed pilot project in Barrie, Sudbury, Kingston, Peterborough and Windsor, councillors were told.

The committee backed the idea of allowing bingo to be played on electronic devices.

Coun. Paul Ainslie said he hoped the strategy would improve bingo revenues, but doubts it will. He said he hasn't been to a bingo hall in 20 years and being able to play bingo on an electronic device isn't enough to lure him back.

"I'm very skeptical," he said. "We'll see what happens."

TORSTAR NEWS SERVICE

Bidding process

City of Toronto to try car-share for staff

Following the lead of other city governments, Toronto is considering trying a car-share service to see if it's cheaper than using city cars to ferry staff around.

City council's government management committee Monday gave its blessing to seek bids from three car-share companies with a view to signing a one-year contract with one of them.

If OK'd by council next month, the service would be available to staff in Toronto Public Health, Toronto Water and transportation services divisions.

TORSTAR NEWS SERVICE

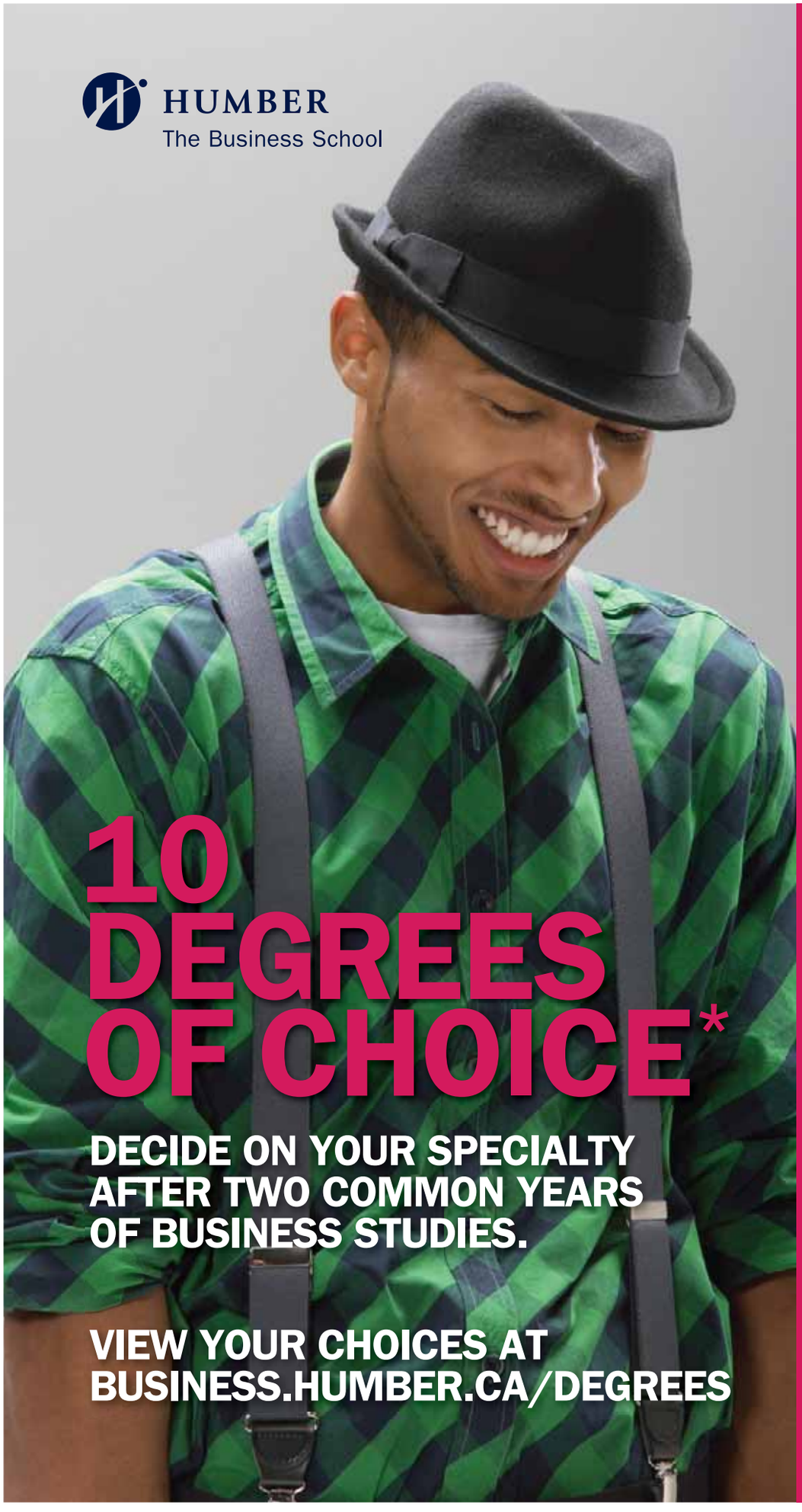
Shot, wounded by officers

Police: Canadian man kills two in Philippine court

Police say a Canadian man opened fire in a Philippine courtroom, killing two people and wounding a prosecutor before he was shot and wounded by officers.

Police said the suspect appeared in a Cebu court Tuesday to face malicious mischief charges when he pulled out a gun and shot a prosecutor, a lawyer and another person.

The suspect was identified as John Pope, a resident of central Cebu city. Garbo said police were investigating his background. THE CANADIAN PRESS



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Obama takes oath

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished U.S. principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's $16 trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline.

THE ASSOCIATED PRESS

President Barack Obama and first lady Michelle Obama dance during the Commander-In-Chief Center during the 57th presidential inauguration Monday. EVAN VUCCI/THE ASSOCIATED PRESS

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... again

inaugural ball at the Washington Convention

The first lady

What to wear ... what to wear...

The first lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie.

The outfit was specifically designed for Mrs. Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at the inauguration. "I am proud and humbled," he said.

Capt. Wales. Prince Harry returns from deployment as pilot in Afghanistan

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops.

He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

Stationed at Camp Bastion, a sprawling British base in the southern Afghan desert, the prince — known as Capt. Wales in the military — flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters.

"Take a life to save a life. That's what we revolve around, I suppose," he said. "If there's people trying to do bad stuff to our guys, then we'll take them out of the game."

Harry's second tour in Afghanistan went more smoothly than the first, in 2007-08, which was cut short after 10 weeks when a magazine and websites disclosed details of his whereabouts.

Prince Harry THE ASSOCIATED PRESS

British media had agreed to a news blackout on security grounds.

This time, the media were allowed limited access to the prince in return for not reporting operational details.

A member of the air corps' 662 Squadron, the prince's duties ranged from supporting ground troops in firefights to accompanying British Chinook and U.S. Black Hawk helicopters as they evacuated wounded soldiers. THE ASSOCIATED PRESS

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VELUT ARBOR ÆVO

Ottawa remains skeptical about 'Canadian' militants

Algerian firemen carry a coffin on Monday containing the body of a person killed during the attack in Ain Amenas. ANIS BELGHOUL/THE ASSOCIATED PRESS

Crisis in Algeria.
Feds want to verify passports found on site

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who attacked a remote desert energy plant.

Senior federal sources say the government is frustrated by a lack of information.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of Islamist militants who took hundreds hostage.

"The concern is we want to see the documentation," said one government official who was not authorized to speak and requested anonymity.

"As far as we know, it's a fake passport."

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

Hostages who had escaped recalled hearing at least one of the militants speaking English with a North American accent.

Other unconfirmed reports said one of the Canadians was co-ordinating the attack.

According to former senior agents at CSIS, Canada's spy agency, it is plausible that there might be a Canadian connection to the Algerian debacle.

"The North African file has always been very important ... because we have a French community in Quebec, where they can establish themselves," Michel Juneau-Katsuya said.

CSIS has had the Algerian community in Montreal under surveillance for decades now, he said, citing a series of high-profile cases. THE CANADIAN PRESS

Inert bomb forgotten on plane after dog training

Documents reveal an inert explosive device was forgotten aboard an Air Canada Boeing 767 at Vancouver's airport during a dog-training exercise by B.C.'s transit police.

The device was missing for two days before the dog handler noticed, and by the time Air Canada security was advised of the loss, the plane was on the ground in Toronto.

Most of the documents, obtained by the Canadian Taxpayers Federation, contain a series of memos between RCMP and the B.C. transit police outlining what was done to find the object.

Where's the bomb?

After a thorough investigation, police say they believe cleaning staff at Vancouver's airport disposed of the explosive and it went through a Metro Vancouver garbage incinerator.

The information reveals that the item was part of an explosive training kit and couldn't have exploded without the help of a blasting cap, which wasn't attached.

The missing training device was placed on the plane along with several others during the training exercise in January 2011. THE CANADIAN PRESS

Oncoming storm

Canada's warming trend a bad omen

Environment Canada says warming trends across the country will mean more severe blasts of rain, wind, snow and heat.

Bob Robichaud, a warning-preparedness meteorologist, says 2012 was the 16th year in a row that saw higher-than-normal temperatures across Canada.

He says the East Coast should expect heavier and more frequent storms. THE CANADIAN PRESS

RICK MERCER REPORT
This week, Rick joins in on the festivities as he celebrates Ukrainian New Year in Saskatoon.
cbc.ca/mercerreport | @rickmercer
BRAND NEW EPISODE
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CBC

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper, and for many years his personal stylist Michelle Muntean, were the most common add-ons to the government tab.

Prime Minister Stephen Harper speaks to a business group in Beijing last February. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community.

Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm. THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

Chapter 11

Atari pushes reset button on U.S. operations

Video game maker Atari's U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from their French parent company, which is filing a similar motion in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games.

Atari, which turned 40 last year, was a videogame pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS

Market Minute

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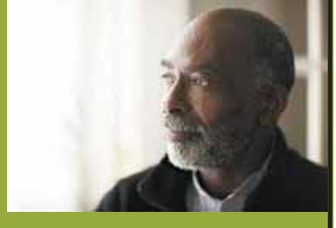
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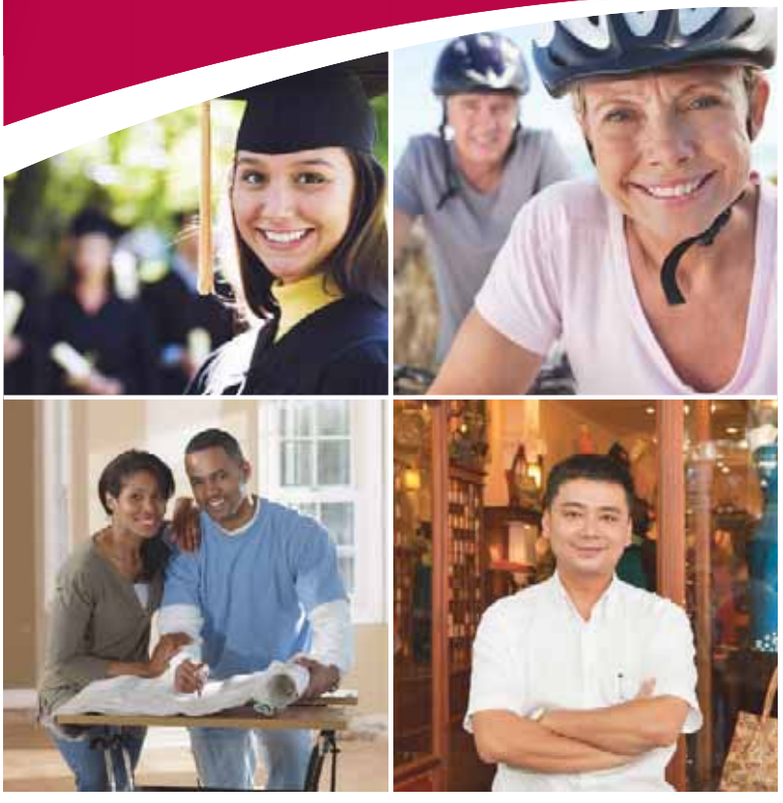
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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my 20s and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real-time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course, that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the Best. Night. Ever every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

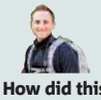
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade Range mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns in an attempt to find meaning and emotion.

Metropolitan Panel

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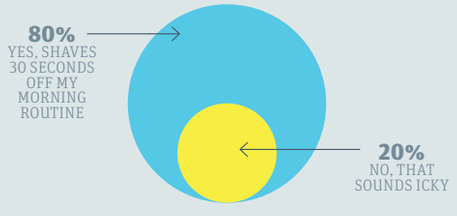

Twitter

@VireshRaghube: Wonderful to see President #obama so relaxed and soaking in the joy of his final inauguration. Americans should be proud today

@JermzzRoque: A little over 1 hour until game time. Starting to get those goosebumps. #Leafs

@ShireenJ: So much for boycotting, eh? It pays to strike! RT @wisem: Wow. 3.3 million tuned in Saturday to watch Leafs/Habs game. #Leafs

@kesuniaa: "I have decided to stick with love, hate is too great a burden to bear." - #MLK #MLKday

@David44222: I bet Martin Luther King is dancing in heaven today watching Obama ! VICTORY #MLK #inaug2013 #USA

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DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

●●●●○

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

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FRONT ROW CENTRE EVENTS
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She's bringing Saxa back

Warrior woman.
Actress Ellen Hollman says her German-slave-turned-Spartacus rebel sharpens her claws and wisdom this season

STEPHEN ERAMO
scene@metronews.ca

Ellen Hollman spent plenty of off-season time training. HANDOUT

It was anyone's guess who would be left standing after last year's blood-soaked finale of Spartacus: Vengeance. Among the survivors was Saxa, a German slave who was rescued by Spartacus' rebels and joined their stand against the Romans.

Saxa returns to the battlefield this season in Spartacus: War of the Damned, the final installment of the Spartacus saga, and is all the more ready to fight, as Ellen Hollman, who plays the warrior, explains. "As each battle is fought and won, our characters develop, and one of the things I discovered this year about Saxa is that she's grown into her lioness paws," says the actress.

"She's no longer just a feisty rebel. Saxa is not only a true warrior but also a woman of few words, and due to the language barrier, she's forced to communicate in a more straightforward, poignant fashion. Sometimes it's crude, other times quite insightful, but Saxa is always aware of what's going on. Nothing gets past her, and we see more of that wise aspect this season.

"Jumping back into not my character's boots but her daggers for War of the Damned was an absolute pleasure. I spent so much time off-season training for this role that it just felt natural.

"The key for me with Saxa this time around was embracing her more as a woman than a girl and getting the audience to believe she's a seasoned fighter.

"I didn't grow up killing Romans on the battlefield, so convincing viewers that Saxa is a born and bred warrior was tricky, but I think they're going to be more than pleased with the results."

Audiences can also expect to see things heat up between Saxa and fellow rebel Gannicus (Dustin Clare).

"My character is essentially the female version of Gannicus," notes Hollman. "Their relationship has developed from a wine-fueled debaucherous one to one with deeper qualities, quite possibly even love.

"I'm excited to see episode three and how Saxa and Gannicus interact when they're alone. It's surprisingly sweet and domestic until a certain 'something' is revealed," teases the actress.

Watch it

- **Debut.** Jan. 27 on The Movie Network and Movie Central. The first episode of Spartacus: War of the Damned will be available beginning Jan. 25 on The Movie Network and Jan. 26 on Movie Central. The episode will be made available on themovienetwork.ca and moviecentral.ca.

Over the Rainbow. Winner of CBC contest faces her biggest fears

Danielle Wade, winner of the CBC reality show Over the Rainbow, is actually afraid of the very song after which the program is named.

"That's my most terrifying moment," says the young star of Andrew Lloyd Webber's new adaptation of the film fave. "Over the Rainbow is the scariest part of the show to me because it is so memorable. Everyone knows the words."

The song is just one of many iconic elements of the much-loved story, from the yellow brick road to the timid lion, the Wizard of OZ has managed to remain a cinematic touchstone in an era of CGI and 3D everything.

Chalk it up to the characters created by L. Frank Baum for his novel, the Wonderful Wizard of Oz. "Dorothy is such a timeless character because she's so relatable," says Wade. Stuck on her family's farm in Kansas, Dorothy feels out of step and out of place. "Every teenager I know has felt the exact same thing as she has."

So how do you breathe new life into a story that's been told a thousand times? For starters, the production contemporized all the dialogue. "That goes a long way," say Mike Jackson, who plays the Tin Man. "It keeps it separate from what you have in your brain as the iconic version of it."

Yet comparisons are inevitable. Wade says that each of the actors needs to bring pieces of themselves to their characters.

She describes her Dorothy as more rough around the edges than the one played by Judy Garland. "She sits more like a tomboy and plays with her dress because she's not used to wearing one.

Danielle Wade says singing Over the Rainbow is the toughest part of the show. CYLLA VON TIEDEMANN

Audition rookie

Despite having performed in community theatre and studying acting at school, Over the Rainbow was the first "real" audition Wade had ever attended. "There were so many people," she says. "It was amazing because we were all gathered for a common goal ... trying to achieve (our) dream." Prospective stars were to prepare Over the Rainbow and one other song. Wade had two in her back pocket: Dyin' Ain't So Bad from Bonnie & Clyde and Lamest Place in the World from 13. "Bonnie and Clyde showed more depth while Lamest Place in the World shows off a more youthful side," she says. "Dorothy has both."

"I knew going into it that there was going to be a standard Dorothy that people expect, but I'm not Judy Garland so I can't be Judy Garland."

The Wizard of Oz plays at The Ed Mirvish Theatre, 244 Victoria St. mirvish.com

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Franco video was all in good fun

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-syncing to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."

James Franco

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

Leonardo DiCaprio

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LIFE 3

Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Top 5

Healthy habits you can steal from Kris Carr

1. **Load half of your plate with vegetables.**
2. **Remove dairy from your diet and assess the sugars you're consuming.**
3. **It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.**
4. **Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.**
5. **Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.**

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

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Google search reveals lots about who is sick

CELIA MILNE
life@metronews.ca

When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick. When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brindle, a spokesman from Google Canada, based in Toronto.

Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu when it's going around?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

He is a big believer in hand-washing to prevent the flu.

Google searches for flu spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

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Best Health Magazine

In the latest issue of Best Health, on newsstands now, we offer seven ways to make sure you keep your own health at the top of your priority list. Here are three:

1. Make appointments — and keep a schedule.
If you miss one and have to reschedule, it could mean a long wait. Set alerts on your mobile phone to remind you a week in advance.

2. Be proactive when you see your doctor.
Proactive patients take an active interest in achieving optimum health, even if it means hard work like losing weight or quitting smoking.

3. Speak up.
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ADVANCING GENERICS

RRSPs — should you borrow or not?

Alison on Money.
Borrowing is easy. The tricky part is paying it back in a timely fashion

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps your RRSP contribution room is the size of a small nation's GDP. Do you borrow to catch up?

This is one of the most common questions at this time of year.

It may seem like a no-brainer. Use cheap money to contribute to an RRSP, reduce taxes and give retirement savings a boost.

However, borrowing is easy. The tricky part is paying it back in a timely fashion and investing in something that produces a solid return over time.

Often people are encouraged to borrow for RRSP contributions by mutual fund salespeople. The results are mixed at best. The high fees of many mutual funds eat into returns.

If you are disciplined enough to pay back an RRSP loan in a year and use the tax refund for next year's contribution, the strategy can work. But there's a better way.

First I ran some numbers assuming an annual $5,000 loan at five per cent and a six per cent return over time with the tax refund also contributed each year. I used someone earning $50,000 and a marginal tax rate of around 31 per cent (it will vary slightly by province).

The payments will be just under $430 monthly to discharge the loan annually. After 10 years there will be nearly $92,000 in your RRSP.

However, instead of borrowing, take that $430, contribute it monthly and also deposit the tax refund. After 10 years there would be … guess what? Nearly $92,000 in your RRSP!

Of course, there are many permutations and combinations from lower or higher borrowing costs and rates of return to marginal tax rate considerations.

But the bottom line is that using a projected loan payment as a monthly contribution to catch up on RRSP contributions is safer simply because you aren't taking on non-tax deductible debt. And the results are almost identical, at least in this example.

Run the numbers yourself using the Borrow for RRSP Calculator at taxtips.ca. (This is a business site and the calculator was last updated in 2010, but you can alter all the criteria.)

I'm sure to get mail from investors who borrowed at three per cent and got a 12 per cent return. But can those results be repeated every year?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Credit card statement

Race is on to repay holiday spending

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

You need a plan to clear your balance as quickly and efficiently as possible.
ISTOCK IMAGES

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a $1,000 balance would cost $1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular amount of $50 per month, you'd clear the balance in 25 months and pay $200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji. Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter @LesleyScorgie

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A fish-free option for vegans who love tuna sandwiches

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

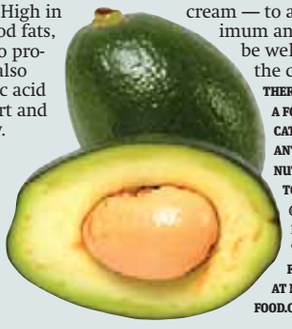
Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!



THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

One-pot meal. Chickpeas with Root Vegetable Tagine — vegan style

1. Toast cumin seeds and coriander seeds in a dry sauté pan until aromatic (you can toast ground spices as well, but be sure not to burn them). If using seeds, once toasted, transfer into a small spice grinder (or coffee grinder) and add the red pepper flakes, turmeric, cinnamon, black pepper and sea salt. Grind till slightly coarse.

2. In a large heavy-bottom shallow pot or deep skillet (cast iron works best) on medium heat, add oil, onions, and garlic. Cook until onions are translucent and golden, stirring continuously for about 3 to 4 minutes.

3. Reduce heat to medium-low, add the spices, tomato paste, vegetable stock, carrots, sweet potatoes and turnip. Cover and simmer for about 25 minutes, or until the carrots and potatoes are tender. Add olives and chickpeas five minutes before turning off the heat.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 tsp cumin seeds (or 2/3 tsp ground cumin)
- 1 tsp coriander seeds (or 2/3 tsp ground coriander)
- 1/2 tsp red pepper flakes (adjust based on desired spiciness)
- 1/2 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tbsp sea salt
- 3 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, finely chopped
- 2 tbsp tomato paste
- 2 cups vegetable stock
- 1/2 cup diced carrots
- 1 cup diced sweet potatoes
- 1/2 cup turnip or russet potatoes, peeled and diced
- 1/2 cup pitted and chopped green olives
- 2 cups chickpeas, cooked

HEAD SOUTH THIS JANUARY.

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Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker. People will throw away a 30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

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Dating for dad, or mom. Help your folks find the right romantic match

Teaming up: Mom and daughter can peruse together. HANDOUT

MyLovelyParent. New website encourages adult kids to fix their elderly parents up with a suitable person

MEREDITH ENGEL
Metro World News in New York

When Matt Connolly's mom was looking for her "knight in shining armour," he decided to help — in a big way.

In October, Connolly created myLovelyParent, a dating website for older men and women where children recommend the potential suitors to their parents. Sons and daughters can scroll through the website's members and send a note to their parent with details about the users who caught their eye. Then it's up to the parent to make the initial connection.

"I imagined a place where (my mom) could go online, where she could meet other like-minded people, it would be really safe, it would be really easy to use and so on," Connolly says of his site, which is currently free but come spring will be subscription-based.

"I really liked this whole thing about, 'Maybe I could start my mum's profile,' and if she wants to go on the journey then she could, and if she didn't that's cool. Then (I thought), are there going to be other people who want to use this as well? Before you know it, I'm discovering these amazing stories where people have pretended to be their mum or dad online just to check them out. So what I found was there's a whole stack of those kids, adult children, who wanted their mum or dad to find a new partner but found it really difficult — there was no natural home for where we could do that. And so that's where myLovelyParent was born."

Gentlemen, start your engines

Connolly says the current ratio of users is about one dad for every four moms, and he's looking to change that. MyLovelyParent's Older Gent Academy is giving the first 1,000 dads who sign up unlimited free membership, and four dads will be chosen to get a new suit and a session with a dating coach.

Visit mylovelyparent.com/academy for details.

Quoted

"Then (I thought), are there going to be other people who want to use this as well?"

Matt Connolly, creator of parent dating website myLovelyParent
On whether his website idea would appeal to others.

Don't flatline your very first chance to shine

What is this, a resumé for robots? Tips for portraying your unique personality in your cover letter and CV

LINDSAY ROTHMAN
TalentEgg.ca

Pretend you're on Twitter
If your cover letter was a tweet, what would it say? Get right to the point without saying: "I'm applying for the ABC position at EFG Corporation that was posted on Simply Hired."

Writing this sentence on Twitter would be a total waste of characters. Instead, your cover letter should start with your pitch: "I'd be a great fit for the ABC position because XYZ."

Stop saying that you have "strong analytical skills" and instead analyze the job description and craft some very concise and specific statements demonstrating why you'd be perfect for the gig.

Lose your laundry lists
Why does your resumé include laundry lists of each daily task you performed for all the jobs you've ever had? If you were a part-time receptionist, anyone who looks at your resumé will know that you answered the phone. What made you good at this job? How did you stand out?

Candidates should always pitch themselves as achievers rather than doers. Make accomplishments the focal point of your resumé and cover letter — and cut out the rest.

Stop the resumé firing squad
We all know the drill: Modify a few resumé buzzwords, change the company name and job title on your cover letter and fire off multiple applications into cyberspace.

Instead, opt for a quality-over-quantity approach by applying to a few positions very well. Standing out requires more time than you may be spending right now.

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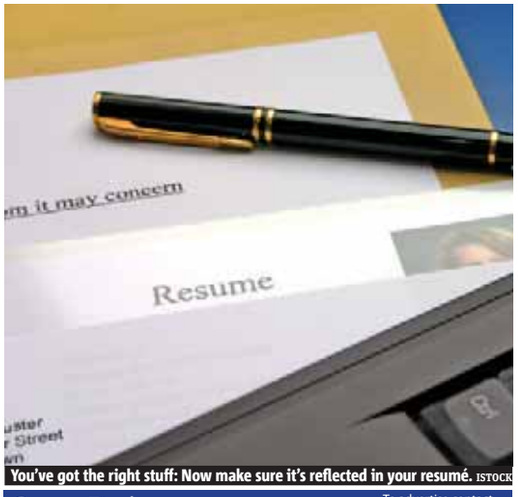

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ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day, which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

– Jane Doucet

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NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers. THE CANADIAN PRESS

NBA

Kings appear to be Seattle bound

Nearly five years after their colours, banners and history were packed away into storage and their franchise relocated, the SuperSonics are one significant step closer to returning to Seattle.

And the Kings are on the edge of leaving Sacramento.

All that appears to stand in the way now is approval by NBA owners.

The Maloof family has agreed to sell the Kings to a Seattle group led by investor Chris Hansen, the league confirmed in a statement Monday morning. The deal is still pending a vote by the NBA board of governors.

THE ASSOCIATED PRESS

Baseball

Players call for ex-union head's HOF induction

Baseball players urged that Marvin Miller be put in the Hall of Fame as they spoke Monday night during a memorial for the union leader.

In an auditorium filled with Hall of Famers, dozens of retired and current players, baseball officials, agents and labour lawyers, 13 speakers praised the former baseball union head, who helped players gain free agency in the 1970s and created the path to multimillion-dollar salaries. Miller died in November at 95.

THE ASSOCIATED PRESS

James van Riemsdyk of the Toronto Maple Leafs crashes to the ice in front of Buffalo Sabres, from left, Christian Ehrhoff, John Scott and goaltender Ryan Miller at the Air Canada Centre on Monday. The Leafs were upended 2-1. STEVE RUSSELL/TORSTAR NEWS SERVICE

Leafs thwarted during Miller time

NHL. Veteran Sabres goalie records 28th career win over Toronto

Ryan Miller stopped 34 shots to lead the Buffalo Sabres past the Toronto Maple Leafs 2-1 on Monday night.

Miller was a big reason why Toronto's fans spent much of the contest sitting on their hands in the Leafs' home opener.

He lost his shutout bid when Nazem Kadri scored on the power play with 1:42 remaining, his second goal of the season. Toronto's Joffrey Lupul appeared to tie it seconds later with goalie Ben Scrivens on the bench, but the goal was disallowed.

With Scrivens on the bench and Toronto on a late power play, Kadri was all alone to the side of Miller but couldn't get his stick on the bouncing puck in the dying seconds.

Cody Hodgson and Jason Pominville had the goals for Buffalo in the first of four meetings this season between the Sabres (2-0-0) and Leafs (1-1-0), who opened their season Saturday night with a 2-1 win over Montreal.

Miller improved to 28-14-0 all-time against Toronto and came into the contest with a 2.44 goals-against average and .922 save percentage. He has more wins (28) against Toronto than any other team.

Miller was also solid in goal for Buffalo after registering a 27-save performance in the Sabres' 5-2 season-opening home win over the Philadelphia Flyers on Sunday night.

Toronto outshot Buffalo 13-5 in the first, but it was the Sabres who had the period's lone goal as Hodgson opened the scoring at 8:51, deflecting Christian Ehrhoff's point shot past Scrivens for his second goal of the season.

Pominville put Buffalo ahead 2-0 at 4:51 of the second with his first goal of the season. The Sabres captain — who had three assists Sunday night against Philadelphia — took a nice setup pass from Thomas Vanek and finished the play off by firing a wrist shot through Scrivens' legs.

The assist was Vanek's sixth point of the season after registering two goals and three assists against Philadelphia. THE CANADIAN PRESS

Home opener

Sabres	Maple Leafs
2	1

Contract extension. 'I'm happy to be staying': Lupul

Joffrey Lupul GETTY IMAGES FILE

Maple Leafs head coach Randy Carlyle has seen several incarnations of forward Joffrey Lupul over the years.

There was Lupul's promising 53-point sophomore season for Carlyle's Anaheim Ducks in 2005-06. There was an injury-shortened 2009-10 campaign and a frustration-loaded return the following season.

And then there is the present-day Lupul, his career rejuvenated after a 2011 trade to Toronto which has seen him blossom into a top-line left-winger.

"I think Loops has shown a tremendous amount of leadership, a lot of courage and a lot of grit and determination to get where he is," Carlyle said Monday after the team's morning skate at Air Canada Centre.

The Maple Leafs rewarded Lupul a day earlier, signing the Fort Saskatchewan, Alta., native to a $26.25-million US five-year contract extension. He averaged just over a point a game last season, recording 25 goals and a career-high 42 assists and 67 points in 66 games.

Lupul, 29, has thrived since getting the expanded role he craved on Toronto's top line. Lupul and linemates Phil Kessel and Tyler Bozak will be counted on to provide offensive punch for a team coming off a 13th-place finish in the Eastern Conference last season.

"I worked hard in the off-season, I was coming in with a lot of confidence," Lupul said. "I'm going to play the same way whether the contract thing happened or not. So it's nice to have some security, absolutely, and I'm happy to be staying in Toronto.

"But as far as the way I play, it's going to remain the same." THE CANADIAN PRESS

Trouble afoot: Ailing Raonic falls to Federer

Australian Open. Foot injury slows Thornhill native in fourth-round duel with Swiss legend

Milos Raonic reacts during his fourth-round loss to Roger Federer at the Australian Open tennis championship in Melbourne on Monday. DITA ALANGKARA//THE ASSOCIATED PRESS

Milos Raonic was able to overcome the pain in his left foot, but Roger Federer proved a far greater obstacle.

Raonic was eliminated from the Australian Open on Monday after losing his fourth-round match 6-4, 7-6 (4), 6-2 to Federer, a winner of 17 Grand Slam titles and currently ranked No. 2 in the world.

Raonic revealed after the match that he was battling a foot injury and wasn't given the green light to play until just before he stepped on the court.

"I had a tough day today," said the Thornhill native. "It wasn't as smooth of a day as I would have liked to have. Until probably 45 minutes to an hour before the match, I wasn't even sure I'd play. I rushed over to get a quick MRI on my foot."

He said there was concern he may have a stress fracture.

"I was able to actually clear it out of my mind pretty well before the match and just sort of go along with everything and just play as well as I could," he said.

Raonic, who had 19 aces and 41 unforced errors in less than two hours, said he was having issues walking. The diagnosis was inflammation in the joints.

Federer won the first set after Raonic sent over a double-fault to give set point to the Swiss star, who hit a volley winner to secure the early lead.

Federer won the second in a tiebreaker and began the third with a double-break, a gap which Raonic could not close.

Federer put the game away on his second match point.

Raonic has lost all four career matches he's had with Federer and has yet to advance past the fourth round of a major, but he said he's happy with how he managed under the circumstances. THE CANADIAN PRESS

Quoted

"You try to win every match you can as quick as you can, saving energy in the process."

Roger Federer, who last failed to reach the final eight at a major at the 2004 French Open.

Li into Aussie Open semis

Li Na reacts after a point in her quarter-final match against Agnieszka Radwanska at the Australian Open on Tuesday in Melbourne, Australia. Li advanced to the semifinals with a 7-5, 6-3 victory over fourth-seeded Radwanska, ending the Polish player's 13-match winning streak to start the year. CAMERON SPENCER/GETTY IMAGES

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Brooklyn Nets guard Joe Johnson, left, shoots a three-pointer over New York Knicks guard Iman Shumpert on Monday in New York. KATHY WILLENS/THE ASSOCIATED PRESS

Nets get even with city rivals

NBA. Brooklyn and Knicks split four-game season series

Monday's game

Nets	Knicks
88	85

Joe Johnson and the Nets made the short trip home to Brooklyn, even with the Knicks in the series and right behind them in the standings.

Year One of a new rivalry for the Knicks and Nets is over — at least for the regular season — and Johnson thinks it lived up to expectations.

"You've got two teams in New York. They want to be the top dogs. We want to be the top dogs. It's a battle. We split. We'll see what happens next," he said.

Johnson made the go-ahead jumper with 22 seconds left and scored 25 points, leading the Nets to an 88-85 victory over New York on Monday and a split of the four games between the city rivals.

Deron Williams added 14 points and 12 assists for the Nets, who cut the Knicks' Atlantic Division lead to one game. Brook Lopez had 14 points and 11 rebounds, and Kris Humphries came off the bench for 11 points and 13 boards.

Brooklyn won the first matchup, and then New York took the next two and opened a huge lead in the standings that the Nets have spent most of the last month wiping away.

"Big game tonight! The Garden got really quiet on the way out!" Humphries posted on Twitter.

Carmelo Anthony had 29 points and seven assists for the Knicks, but missed all six shots in the fourth quarter and finished 11 of 29 for the game. J.R. Smith scored 16 points and Amare Stoudemire 15.

"It's over. We don't see them anymore, but it is the beginning of something that's going to be here for a long, long time." Anthony said. "These games that we play against Brooklyn are definitely going to be tough, hard battles and as a Knick, we definitely look forward to that challenge and look forward to playing them four times."

There's still the hope of a playoff battle in the spring, with both teams well positioned to reach the post-season. THE ASSOCIATED PRESS

Rockets vs. Bobcats

"It felt like winning a championship ... Maybe we can get our swagger back a little bit."

Houston Rockets guard James Harden, who scored 29 points and hit all 10 of his free throws in the fourth quarter as the Rockets rallied to beat the Charlotte Bobcats 100-94 on Monday to snap a seven-game losing streak.

Hornets vs. Kings

Anderson pours it on for Hornets

Ryan Anderson scored 27 points and the New Orleans Hornets survived a second half without Anthony Davis in a 114-105 victory over Sacramento on Monday.

Davis sat out the second half with a left ankle sprain. It is the same ankle he injured earlier in the year that sidelined him for 11 games.

THE ASSOCIATED PRESS

Warriors vs. Clippers

Curry has hot hand for Warriors

Jarrett Jack had 18 points, Stephen Curry made four three-pointers in the fourth quarter and Golden State rallied from seven points down in the final 11 minutes to beat the Los Angeles Clippers 106-99 on Monday. The Warriors have beaten the Pacific Division-leading Clippers three out of four meetings this year.

THE ASSOCIATED PRESS

Golden State Warrior Stephen Curry reacts to a three-point basket against the Los Angeles Clippers on Monday in Oakland, Calif. GETTY IMAGES

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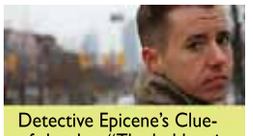

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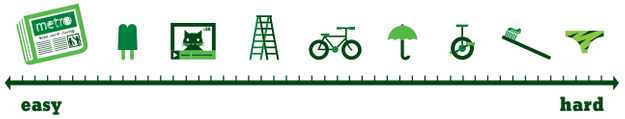


See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

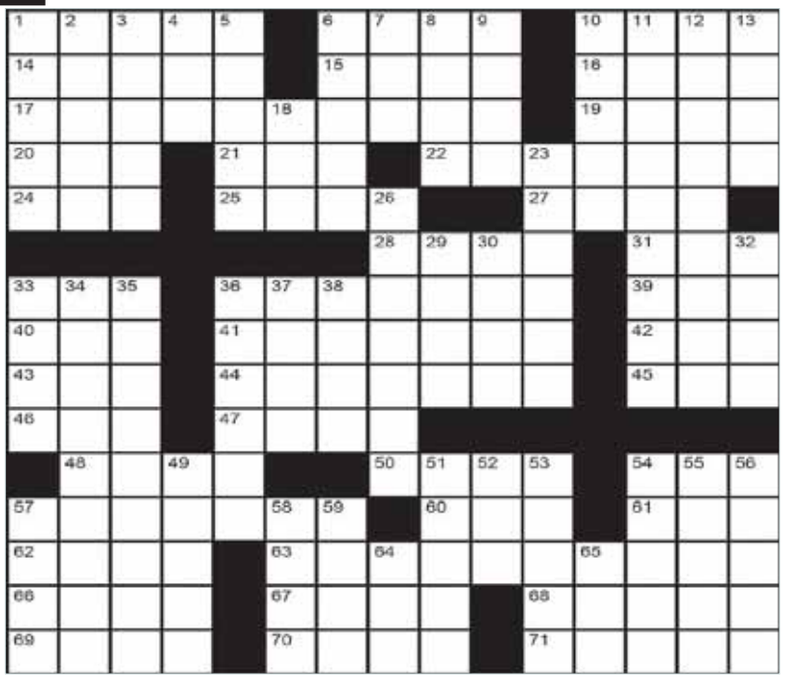
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

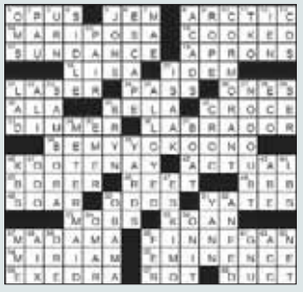
BY KELLY ANN BUCHANAN



Across
1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

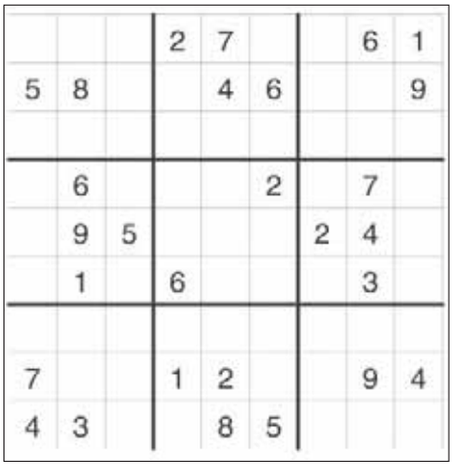
Down
1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

9	3	1	8	7	2	6	4	5
6	8	4	1	3	5	2	7	9
5	7	2	4	9	6	1	3	8
3	5	8	6	2	1	4	9	7
4	6	9	7	5	8	3	2	1
2	1	7	9	4	3	5	8	6
7	9	3	5	6	4	8	1	2
1	4	5	2	8	9	7	6	3
8	2	6	3	1	7	9	5	4

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Black Artists' Networks Dialogue

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